

ABSTRACT OF THE DISCLOSURE

A method and system for power saving in a wireless LAN is disclosed, which uses the method of modifying the beacon frame body or broadcasting the schedule information frame. The medium access behavior 5 of each station during the contention free period (CFP) and the contention period (CP) can be dynamically re-programmed. Therefore, the stations that should access the radio medium can only wake up at the specific access time to send or receive the packet and re-enters its power-saving state after the data transmission.